

TEACHER TRAINING

A unique,
evolutionary
Pilates
Teacher
Training
Program



OPEN HOUSE UNIQUE PILATES TEACHER TRAINING

Welcome to our open house. We are hosting these in both August and September. Find out more about our innovative program!

Our Philosophy

Our program fosters the development of a Pilates Teaching Practice that honors the wisdom within our own bodies. In the spirit of Joseph Pilates' vision of an inspiring, responsive movement practice that adapts to the person in front of you, we aim to teach the Pilates repertoire in an expansive, exploratory, evolutionary, creative and interactive way.

What makes our training program unique?

Our first priority is creating high quality and well-rounded instructors...that means not only learning, experiencing and embodying the Pilates repertoire but also having the tools to effectively convey the material to clients. We focus on how your own experience of the practice is transferred to the people you will be working with.

We value each person's strengths and will facilitate the expansion of these strengths to include highly refined observational skills, knowledge of how to identify and support a client where they are at, practicing clear cueing and the ability to provide options within the provided framework.

This program is an 8 month intensive study. We meet Friday afternoons (3 hours) + one weekend intensive/month (15 hrs each). There is a 4-6 month apprenticeship period and mentoring is provided. We offer small classes, anatomy workshops with Brent Stevenson, physiotherapist, & embodiment classes with Jane Ellison, Master Teacher.

Our program is recognized by the Pilates Association of Canada (PAC) and insurance is available upon completion through Sports Insurance Canada.

call or email for more information
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*the Movement Studio[®]
Pilates*